Wellspring’s Thirty-Week Cancer Exercise Program

Program Overview:

Research continues to indicate that exercise has significant benefits for people coping with cancer. Exercise enhances quality of life and reduces symptoms during and following treatment. Wellspring’s exercise program focuses on restoring and improving the physical well-being of individuals who are undergoing or have completed cancer treatment.

The exercise program begins with a comprehensive assessment by a trained Cancer Exercise specialist who will design a personalized program.

Program components:

- One-hour initial assessment one-on-one with exercise leader
- 2 one-hour classes each week for 10 weeks
- 1 one-hour class each week for 20 weeks

What to Wear & Bring:

Please wear comfortable clothing and running shoes and bring a towel and water bottle for the assessment and sessions.

Next Steps:

Once you have your consent signed, please call or drop by your nearest centre for information on times and dates and to book an assessment time. Cancer Exercise is available at these 4 locations in the GTA:

**Wellspring Downtown**
4 Charles St. E 4th floor  
Toronto, ON  
416-961-1928

**Wellspring Westerkirk**
House at Sunnybrook  
2075 Bayview Avenue.  
Toronto, ON  
416-480-4440

**Wellspring Birmingham**
Gilgan House  
2545 Sixth Line  
Oakville, ON  
905-257-1988

**Wellspring Chinguacousy**
5 Inspiration Way  
Brampton, ON  
905-792-6480
Wellspring Cancer Exercise Program
Physician Consent Form

PLEASE PRINT Please circle one of the following Mr. Mrs. Miss. Ms.

Last Name: ___________________________ First Name: ___________________________

Address: ___________________________ City: ___________________________

Province: __________ Postal Code: __________ Telephone: ___________________________

Date of birth (dd/mm/yyyy): __________ Age: ______ Email: _________________________

Treatment Comments
□ Exercise Program
□ Pain Control
□ Range of Motion
□ Other: ___________________________

Our program is available to adults with cancer who have been diagnosed, are undergoing treatment or are in survivorship. We offer our program twice for ten weeks (initial phase) and then once per week for 20 weeks (transition phase). All sessions are supervised by a physiotherapist, kinesiologist, and/or exercise physiologist.

The following list of criteria must be met for an individual to attend our program:
✓ Diagnosed with cancer
✓ Over 18 years of age
✓ Ability to participate in an exercise program
✓ Motivation to participate in an exercise program

Cancer Diagnosis: ___________________________ Stage: ___________________________

Metastatic Lesion: Y / N If yes, indicate location: ___________________________

Additional comments/Comorbidities requiring consideration during exercise:

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

I give my consent for the above applicant to participate in the Wellspring Cancer Rehabilitation Program:

___________________________________________________________________________

Physician Signature Date

Physician Address

Charitable Registration No. 89272 8940 RR0001

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